



# Community Wellness Directory 2017



Erie County, Pennsylvania



## BACKGROUND

As reported in the 2015 Erie County Community Health Needs Assessment, obesity rates among adults in Erie County have steadily increased from 24% in 2001 to 32% in 2013. An estimated 68% of Erie County residents have body mass index (BMI) values that qualify as “overweight” or “obese”, compared to 65% for Pennsylvanians. For children in grades K-12, the incidence of overweight and obese is 51%, compared to Pennsylvania’s 39%. Overweight and obesity are often associated with coronary heart disease, high blood pressure, stroke, type 2 diabetes, cancer, and other conditions.

Physical activity and healthy eating help control weight and promote well-being. However, a resource guide for these programs was not available.

The information in this directory was collected as part of Erie County’s Community Health Improvement Plan (CHIP) whose goal is to improve the overall health of Erie County residents. It is meant to be a resource for the residents of Erie County.

## ABOUT THIS DIRECTORY

In this directory, residents will find community-based interventions and programs that assist in weight management, chronic disease prevention, and total wellness. The goal of this directory is to provide an easy-to-use, comprehensive clearinghouse for programs that combat overweight and obesity, while diminishing the risk factors for the chronic diseases that stem from these conditions.

Programs are searchable by category or by title. Categories help in finding the program best suited to your needs. The alphabetical listing enables you to search for a specific program.

Most information was gathered from participating organizations by a web-based survey or by direct interview. Some information was found on organization websites.

A user friendly map can be found at [Erie County, Pennsylvania](#) to visually locate programs within Erie County.

This directory is current as of July 2017 and will be updated periodically. However, programs can change at any time and it is recommended that you check the website or contact an organization directly for the most current information.

The directory is maintained by the Erie County Department of Health. Contact them at (814) 451-6700 to include a program or edit an existing program.

## FOR MORE INFORMATION

Please visit us online at [www.ecdh.org](http://www.ecdh.org) or call us at (814) 451-6700.

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## PROGRAMS BY CATEGORY

### WEIGHT MANAGEMENT PROGRAMS

- Bariatric Support Group
- Curves
- Medical Nutrition Therapy
- Next Steps
- Nutrition Therapy
- St. Vincent Bariatric Surgery
- St. Vincent Bariatric Weight Management & Support Group
- St. Vincent Diabetes Prevention Program
- St. Vincent Diabetes Self-Management Training and Education
- St. Vincent Weight Loss & Wellness Coaching
- UPMC Hamot Bariatric Surgery and Weight Management

### NUTRITION PROGRAMS

- Adult Cooking Classes
- Lunch & Learn
- Meeting Well
- Medical Nutrition Therapy
- Nutrition Therapy
- St. Vincent Diabetes Prevention Program
- St. Vincent Diabetes Self-Management Training and Education
- St. Vincent Medical Nutrition Therapy
- St. Vincent Weight Loss & Wellness Coaching
- UPMC Hamot Bariatric Surgery and Weight Management
- Wellsville Goes to School
- Whole Foods Cooperative

### PHYSICAL ACTIVITY PROGRAMS

- Active for Life
- Cardiopulmonary Rehab
- Click Start Your Heart
- Curves
- Elk Creek Golf Lessons
- Elk Creek Yoga
- Erie Walks



- Fairview Adult Indoor Walking
- Fairview Adult Master's Swimming
- Fairview Deep Flow Yoga
- Fairview Coed Rec Volleyball
- Fairview Men's Open Basketball
- Fairview Yoga at the Beach
- Fairview Youth and Adult Soccer
- Fairview Zumba
- Fairview 5K Fun Run Trail
- Let's Move Outside
- Lifeworks Erie Lifelong Learning Series
- Making Strides Against Breast Cancer
- Midday Dance Break
- Millcreek Parks and Recreation Adult Aerobics
- Millcreek Parks and Recreation Adult Dance
- Millcreek Parks and Recreation Intro to QiGong
- Millcreek Parks and Recreation Intro to Tai Chi
- Millcreek Parks and Recreation Kickboxing
- Millcreek Parks and Recreation Self Defense
- Millcreek Parks and Recreation Water Exercise
- Millcreek Parks and Recreation Yoga
- Millcreek Parks and Recreation Zumba
- Next Steps
- Qigong
- Relay for Life
- Running 101
- Total Body Fitness for Everyone
- Walking Through Winter
- YMCA Les Mills Programs
- YMCA PLAY Basketball League
- Yoga, Wellness Programs, and Health Screenings

## YOUTH PROGRAMS

- Bethesda Children's Home Summer Recreation
- Boys and Girls Club Summer Rec Program
- Booker T. Washington Summer Rec Program
- Brian Lee Crosby Memorial Learn to Swim Program
- Camp Notre Dame Kids Camp
- Camp Notre Dame Overnight Camp

- City of Erie Junior Golf Program
- Co-Ed Biddy Basketball Camp
- Elk Creek Gator Swim Team
- Elk Creek Little Gridders Cheerleading
- Elk Creek Soccer Camp
- Elk Creek Swimming Lessons
- Elk Creek Tennis Lessons
- Elk Creek Youth Cross County
- Elk Creek Kids Yoga
- Experience Youth Program
- Fairview Youth and Adult Soccer
- Kids in the Kitchen Cooking Classes
- Millcreek Parks and Recreation Asbury Day Camp
- Millcreek Parks and Recreation Cheernastics
- Millcreek Parks and Recreation Gymnastics/Tumbling
- Millcreek Parks and Recreation Youth Dance
- Spoon's Summer Youth Basketball League
- Wellsville Weekly TV Program
- Wellsville Community Events
- Wellsville DVD Series
- Wellsville Goes to School
- YMCA Day Camp
- YMCA Dance and Cheer Camp
- YMCA Kid's Club
- YMCA Port-A-Pool Program
- YMCA Rodger Young Open Swim and Rec Program
- YMCA Teen Center
- Young Lungs At Play! (YLAP)
- Youth Tennis Program

## CARDIOVASCULAR HEALTH PROGRAMS

- Cardiopulmonary Rehab
- My Heart. My Life.
- Next Steps

## DIABETES HEALTH PROGRAMS

- Next Steps
- St. Vincent Diabetes Prevention Program

- St. Vincent Diabetes Self-Management Training and Education

## WELLNESS PROGRAMS

- Active For Life
- Content Subscription Service
- Corporate or Group Wellness Programs
- Erie Walks
- Health Coaching
- Healthy Directions
- Lifeworks Erie Lifelong Learning Series
- Nutrition and Physical Activity Policy Planner
- R.E.A.L. Wellness
- St. Vincent Corporate Wellness
- St. Vincent Weight Loss & Wellness Coaching
- Wellness Coaching Service
- Wellsville Community Events
- Wellsville Weekly TV Show
- Worksite Wellness and Executive Physicals
- Yoga, Wellness Programs, and Health Screenings

## OTHER COMMUNITY WELLNESS PROGRAMS

- Gannon University Community Physical Rehabilitation Clinic
- Peer to Peer Program
- Smoke Free Multi-Unit Housing

# DIRECTORY

## ACTIVE FOR LIFE

American Cancer Society  
2115 West 38th St  
Erie, PA 16508

**Description:** Active for Life Online is a 10-week program that uses individual and group strategies to help employees become more physically active. Research shows that people who increase their physical activity, improve their diet, and maintain a healthy weight reduce their risk of chronic diseases, including cancer, heart disease, and diabetes. The program encourages employees to take an honest look at their current activity level and set realistic goals for improvement. Physical activities can range from walking at lunchtime, taking the stairs rather than the elevator, or yard work to more strenuous exercise like running, swimming, or playing tennis.

**Program offered since:** N/A

**Target Population:** Worksite Employees, \*\*Not Available to Public\*\*

**Participant Limit:** N/A

**Cost:** None

**Contact:** Tina Caldwell

[Tina.caldwell@cancer.org](mailto:Tina.caldwell@cancer.org)

(814) 866-5273

**Link to program:** <http://www.acsworkplacesolutions.com/activeforlife.asp>

## ADULT COOKING CLASSES

Super Suppers  
5042 Peach Street  
Erie, PA 16509

**Description:** Our cooking classes are held monthly, generally in the evenings. Some classes are demonstration only and others are hands-on. Previous classes included pasta making, planting an herb garden, meals on a budget, and healthy substitutes for baking. Taste testing always accompanies our classes. Feel free to bring your own beverages to pair with our menu. Schedules change each year, so it is best to check online or call for the current schedule. Registration is required and can be completed online at their website below or by phone.

**Program offered since:** N/A

**Target Population:** Adults

**Participant Limit:** Yes

**Cost:** \$30-\$45 per class

**Contact:** Super Suppers

(814) 864-8601

**Link to Program:** <http://www.supersupperserie.com/events.html>

## BETHESDA CHILDREN'S HOME SUMMER RECREATION PROGRAM

Bethesda Children's Home Summer Recreation Program  
462 West 18th Street  
Erie, PA 16502

**Description:** Summer Program Activities will include but are not limited to: Sports, Horticulture, Arts, Drumming, Social Skill Building, Field Trips, Group Speakers and Family Movie/Activity nights. Bethesda Children's Home also offers Kids Café for any child who needs breakfast or lunch in the summer and dinner during the schoolyear.

**Program offered since:** N/A

**Target Population:** Youth

**Participant Limit:** Yes

**Cost:** Free to the first 90 youth signed up

**Contact:** Trinity Center

(814) 453-2468

## BOOKER T. WASHINGTON SUMMER REC PROGRAM

Booker T. Washington Center  
1720 Holland Street  
Erie, PA 16503

**Description:** Program activities appropriate for youth ages 6 to 18.

**Program offered since:** N/A

**Target Population:** Youth

**Participant Limit:** N/A

**Cost:** N/A

**Contact:** Booker T. Washington Center

(814) 453-5744



## BOYS AND GIRLS CLUB SUMMER RECREATION PROGRAM

Boys and Girls Club of Erie  
1515 East Lake Road  
Erie, PA 16511

**Description:** Program activities are age appropriate for children ages 6 to 13. A free breakfast and lunch are served daily for enrolled children.

- Safe and nurturing environment
- Arts and crafts in different media
- Social recreation activities: board games, billiards, table tennis
- Health and fitness: swimming lessons, basketball, flag football, outdoor activities
- Open swim - Supervised with Red Cross certified lifeguards
- Field trips

**Program offered since:** N/A

**Target Population:** Youth

**Participant Limit:** N/A

**Cost:** N/A

**Contact:** The Boys & Girls Club of Erie

(814) 459-1977, ext 223

## BRIAN LEE CROSBY MEMORIAL LEARN TO SWIM PROGRAM

Downtown YMCA  
31 West 10<sup>th</sup> Street  
Erie, PA 16501

**Description:** Swim lessons meet three (3) times a week on Monday, Wednesday, and Friday for 2 weeks for a total of six (6) 40 minute classes per session. At the conclusion of the session, a progress report will be given to each child with a recommended level for the next session.

**Program offered since:** N/A

**Target Population:** Youth

**Participant Limit:** Yes

**Cost:** None

**Contact:** Downtown YMCA

(814) 452-3261

## CAMP NOTRE DAME KIDS CAMP

Camp Notre Dame  
400 Eaton Road  
Fairview, PA 16415

**Description:** Kids Camp day camp is offered for campers aged 4 to 8 in weekly segments from June through Aug. The camp runs from 8am to 5pm and includes breakfast and lunch. Activities include hiking, story-telling, arts and crafts, swimming, and more.

**Program offered since:** N/A

**Target Population:** Youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Camp Notre Dame  
(814) 474- 5001

**Link to program:** <http://www.campnotredame.com/>

## CAMP NOTRE DAME OVERNIGHT CAMP

Camp Notre Dame  
400 Eaton Road  
Fairview, PA 16415

**Description:** Overnight camps for kids divided into three age groups: 7 through 14 years, 15- and 16-year-olds, and counselor-in-training (age 17). These camps are weekly (Sunday through Friday) starting in June and they run for 7 straight weeks.

**Program offered since:** N/A

**Target Population:** Youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Camp Notre Dame  
(814) 474- 5001

**Link to program:** <http://www.campnotredame.com/>

## CARDIOPULMONARY REHAB

UPMC Hamot Center for Healthy Living  
3330 Peach Street  
Erie, PA 16508

**Description:** Whether you have been diagnosed with heart disease, chronic lung disease, or are recovering from a heart procedure or heart attack, this service will improve the quality of your life through monitored (EKG) exercise, nutrition coaching and education. Cardiopulmonary rehab is covered by health insurance.

**Program offered since:** 1990

**Target Population:** General Public

**Participant Limit:** Several hundred per year

**Cost:** Billed through health insurance

**Contact:** Debbie DeAngelo

(814) 877-5481

## CITY OF ERIE JUNIOR GOLF PROGRAM

City of Erie Parks and Recreation  
626 State Street  
Erie, PA 16501

**Description:** Sponsored by the City of Erie, the Junior Golf Program is open to boys and girls between the ages of 9 and 17.

**Program offered since:** N/A

**Target Population:** Youth

**Participant Limit:** The number of entrants will determine the number of divisions

**Cost:** No

**Contact:** J. C. Martin Golf Course  
(814) 864-1821

**Link to program:** <http://www.erie.pa.us/Home.aspx>

## CLICK START YOUR HEART

Erie County Department of Health  
606 West 2<sup>nd</sup> Street  
Erie, PA 16507

**Description:** Self-directed, outdoor program that uses a variety of trails throughout Erie County. This program provides opportunities to be more physically active for a healthier heart and increased well-being. Each participant registers for a free key tab and uses this key tab to click in at participating trails. Each click is an entry to win prizes. Visit our website for more details.

**Program offered since:** 2017

**Target Population:** Ages 14 and above

**Participant Limit:** None

**Cost:** None

**Contact:** Erie County Department of Health

kburling@eriecountypa.gov

(814) 451-6764

**Link to program:** [www.clickstartyourheart.com](http://www.clickstartyourheart.com)

**Find us on Facebook:** @clickstartyourheart

## CO-ED BIDDY BASKETBALL CAMP

YMCA Kids Clubs

730 Tacoma Road    or    4020 Garden Avenue  
Erie, PA 16510                      Erie, PA 16510

**Description:** Biddy Basketball Camp, an Erie Housing Authority and Spoon's League Program, is for young boys and girls who wish to learn the basics about dribbling, passing, and shooting the right way. The fundamentals will be taught by men and women who have played and coached the game and who realize what it takes. This is a learning camp with lots of fun.

**Program offered since:** N/A

**Target Population:** Youth, ages 6-9

**Participant Limit:** 40 campers

**Cost:** None

**Contact:** Cherie Kinem

(814) 456-2425



## CONTENT SUBSCRIPTION SERVICE

American Cancer Society  
2115 West 38th St  
Erie, PA 16508

**Description:** Through the Content Subscription Service, the American Cancer Society offers employers free electronic toolkit subscriptions that support the health and wellness needs of employees with information about cancer prevention and early detection, and support services and resources for those facing cancer. As an employer, you know that healthy employees live longer, feel better, are more content and productive, require fewer sick days, and help keep health care costs down. Fortunately, your organization has the power to provide your employees with valuable information and resources to help them make healthy lifestyle choices and assist them in staying well and reducing their risk of cancer.

**Program offered since:** N/A

**Target Population:** Worksite Employees, \*\*Not Available to Public\*\*

**Participant Limit:** None

**Cost:** None

**Contact:** Tina Caldwell

[Tina.caldwell@cancer.org](mailto:Tina.caldwell@cancer.org)

(814) 866-5273

**Link to program:**

<http://www.acsworkplacesolutions.com/contentsubscriptionsevice.asp>

## CORPORATE OR GROUP WELLNESS PROGRAMS

The WAY to Healthy Living  
11229 East Law Road  
North East, PA 16428

**Description:** The WAY to Healthy Living provides dynamic programs that address the many facets that influence our ability to feel well and adopt good habits. Available to corporations and other groups these programs are tailored to be identifiable with and meet the needs of the participants for impact.

**Program offered since:** 2012

**Target Population:** General Population

**Participant Limit:** None

**Cost:** Yes

**Contact:** Selina Uglow

[thewaytohealthyliving@gmail.com](mailto:thewaytohealthyliving@gmail.com)

(814) 450-6841

**Link to program:** <http://thewaytohealthyliving.net/>

## CURVES

Curves

1511 West 38th Street

Erie, PA 16508

**Description:** Fitness center designed for women featuring a 30 minute workout that uses hydraulic resistance machines and metabolic recovery stations, target area specific classes, a circuit to coach to correct and compel, and an optional nutrition program. West 38<sup>th</sup> street location in Value Home Plaza has 325 members. Members have travel privileges with clubs located nationwide and worldwide.

**Program offered since:** 1995

**Target Population:** Women

**Participant Limit:** None

**Cost:** Yes

**Contact:** Colleen Hanks

[curveseriewest@hotmail.com](mailto:curveseriewest@hotmail.com)

(814) 866-8668

**Link to program:** [www.curves.com](http://www.curves.com)

## ELK CREEK RECREATION

Elk Creek Recreation  
10140 Ridge Road  
Girard, PA 16417

**Description:** The Elk Creek Recreation and Leisure Board coordinate and facilitate programs for youth and adults who reside in Girard Township and the surrounding area. A wide variety of programs are offered including basketball leagues, soccer leagues, dance, gymnastics, swimming lessons, and swim teams, as well as special events such as Winterfest and National Night Out. Programs may change during the year, so it is best to check the website for any additions or changes.

**Link to program:** <http://www.girardtownship.com/program>

## ELK CREEK GATOR SWIM TEAM

Elk Creek Recreation  
10140 Ridge Road  
Girard, PA 16417

**Description:** This program focuses on all levels of swimming, from beginner to advanced. Athletes will be able to foster a foundation for the sport, the importance of technique, as well as a sense of competition. The goal of our program is to provide a fun experience for kids, while keeping them active and involved.

**Target Population:** Youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Elk County Recreation

(814) 774-3519

[elkcreekrec@gmail.com](mailto:elkcreekrec@gmail.com)

**Link to program:** <http://www.girardtownship.com/program>

## ELK CREEK GOLF LESSONS

Elk Creek Recreation  
10140 Ridge Road  
Girard, PA 16417

**Description:** Classes are introductory and are tailored to each person's skill level. Each session has four classes that cover Driving (woods), Irons, Chipping, & Putting.

**Target Population:** General Public

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Elk County Recreation  
(814) 774-3519  
[elkcreekrec@gmail.com](mailto:elkcreekrec@gmail.com)

**Link to program:** <http://www.girardtownship.com/program>

## ELK CREEK LITTLE GRIDDERS CHEERLEADING

Elk Creek Recreation  
10140 Ridge Road  
Girard, PA 16417

**Description:** Whether a beginner or experienced, this program will offer the opportunity to learn new cheers and develop new skills in the areas of jumps, teamwork, and coordination, while at the same time building self-confidence and encouraging the development of outgoing personality and leadership skills in a positive fun-filled atmosphere.

**Target Population:** Youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Elk County Recreation  
(814) 774-3519  
[elkcreekrec@gmail.com](mailto:elkcreekrec@gmail.com)

**Link to program:** <http://www.girardtownship.com/program>

## ELK CREEK SOCCER CAMP

Elk Creek Recreation  
10140 Ridge Road  
Girard, PA 16417

**Description:** On each camp day, players will cover a specific technical skill. The goal of each topic is to introduce, refine, and master the skill. Skills include: dribbling, turns, receiving, passing, and shooting techniques.

**Target Population:** Youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Elk County Recreation  
(814) 774-3519  
[elkcreekrec@gmail.com](mailto:elkcreekrec@gmail.com)

**Link to program:** <http://www.girardtownship.com/program>



## ELK CREEK SUMMER SWIM LESSONS

Elk Creek Recreation  
10140 Ridge Road  
Girard, PA 16417

**Description:** Learn to swim during half hour lessons.

**Target Population:** Youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Elk County Recreation  
(814) 774-3519  
[elkcreekrec@gmail.com](mailto:elkcreekrec@gmail.com)

**Link to program:** <http://www.girardtownship.com/program>

## ELK CREEK YOGA

Elk Creek Recreation  
10140 Ridge Road  
Girard, PA 16417

**Description:** Come learn the basics of a yoga practice. Poses for the body, breathing, and relaxation for the mind. Please bring mat.

**Target Population:** General Public

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Elk County Recreation  
(814) 774-3519  
[elkcreekrec@gmail.com](mailto:elkcreekrec@gmail.com)

**Link to program:** <http://www.girardtownship.com/program>

## ELK CREEK YOUTH CROSS COUNTRY

Elk Creek Recreation  
10140 Ridge Road  
Girard, PA 16417

**Description:** Develop strong mental skills and build an improved sense of discipline towards running. Maintain a high level of fun and enjoyment throughout the program.

**Target Population:** Youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Elk County Recreation  
(814) 774-3519  
[elkcreekrec@gmail.com](mailto:elkcreekrec@gmail.com)

**Link to program:** <http://www.girardtownship.com/program>

## ELK CREEK YOUTH YOGA

Elk Creek Recreation  
10140 Ridge Road  
Girard, PA 16417

**Description:** Introduce your child to the practice of yoga through music, crafts, and song! Kids will learn to relax their minds while moving their bodies. Please bring mat/towel/blanket.

**Target Population:** Youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Elk County Recreation  
(814) 774-3519  
[elkcreekrec@gmail.com](mailto:elkcreekrec@gmail.com)

**Link to program:** <http://www.girardtownship.com/program>

## ERIE VA MEDICAL CENTER

Erie VA Medical Center  
135 East 38th Street Boulevard  
Erie, PA 16504

**Description:** Erie VAMC is recognized as a top-performing VA medical center in the delivery of high-quality health care. Erie VAMC offers a variety of health care programs including primary care, behavioral health care, and specialty care services to support and empower Veterans.

**Program offered since:** 1951

**Target Population:** Veterans and families

**Participant Limit:** N/A

**Cost:** Low

**Contact:** (814) 868-8661

**Link to program:** [www.erie.va.gov](http://www.erie.va.gov)

## ERIE WALKS

Erie County Department of Health  
606 West 2<sup>nd</sup> Street  
Erie, PA 16507

**Description:** Physical Activity competition that pits downtown Erie businesses against each other to see who has the highest total average day's active.

**Program offered since:** 2007

**Target Population:** Worksite Employees

**Participant Limit:** None

**Cost:** None

**Contact:** Erie County Department of Health

[wellness@eriecountygov.org](mailto:wellness@eriecountygov.org)

(814) 451-6547

**Link:** [www.eriwalks.org](http://www.eriwalks.org)

## EXPERIENCE YOUTH PROGRAM

The Sight Center of Northwest Pennsylvania  
2545 West 26th Street  
Erie, PA 16505

**Description:** As part of our organization's mission to promote independence for those with vision loss, the Sight Center offers an Experience Youth Program which includes after school enrichment activities that build on instruction in personal care, safety, physical fitness, mobility, fine motor coordination, adaptive equipment use and assistive technology training. Summer day camps are also available. Ranging from arts and pottery to a week-long XSightabilities Sports Camp, these camps not only are fun, but they offer opportunities for kids with visual impairments to practice and develop new skills, increase independence, and build lasting friendships.

**Program offered since:** 1994

**Target Population:** Children and Young Adults with visual impairments

**Participant Limit:** School aged children, 5-18 years of age. Young adult programs offered for adults 18 and older.

**Cost:** Low, Scholarships available

**Contact:** Dr. Nicole Lavery

[nicolel@sightcenternwpa.org](mailto:nicolel@sightcenternwpa.org)

(814) 455-0995

**Link to program:** [www.sightcenternwpa.org](http://www.sightcenternwpa.org)

## FAIRVIEW TOWNSHIP PARKS AND RECREATION PROGRAMS

Fairview Township Parks and Recreation

7471 McCray Road

Fairview Township, PA 16415

**Description:** Fairview Township provides programs for its residents. A wide variety of programs are offered including basketball, tennis, swimming, photography, and Qi Gong as well as special events such as Free Movie Night in the Park. Programs may change during the year, so it is best to check the website for any additions or changes.

**Link to program:** <http://www.fairviewtownship.com/programs>



## FAIRVIEW ADULT INDOOR WALKING

Fairview Township Parks and Recreation  
7471 McCray Road  
Fairview Township, PA 16415

**Description:** Join our walking club in the hallways of the middle school. Walk for either time or distance. You must pre-register with the FPRA Office at least one day in advance but may pay when you attend. Unregistered walk-ins are not permitted. If you have already registered this school year you do not need to re-register. Even though you will be pre-registered you must still sign in nightly. Passes must be purchased on site.

**Target Population:** Fairview Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Fairview Parks and Recreation

(814) 474-5077

**Link to program:** <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

## FAIRVIEW ADULT MASTER'S SWIMMING

Fairview Township Parks and Recreation  
7471 McCray Road,  
Fairview Township, PA 16415

**Description:** Gain speed and get time in the water with this competitive focused program. This is not a “learn to swim” program and is not for beginners. You must pre-register with the FPRA Office at least one day in advance but may pay when you attend. Unregistered walk-ins are not permitted. If you have already registered this school year, you do not need to register. Even though you will be pre-registered you must still sign in nightly.

**Target Population:** Fairview Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Fairview Parks and Recreation

(814) 474-5077

**Link to program:** <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

## FAIRVIEW COED REC VOLLEYBALL

Fairview Township Parks and Recreation  
7471 McCray Road  
Fairview Township, PA 16415

**Description:** Teams may have a maximum of 6 players on the court at any one time. There must be at least 4 players, 2 men and 2 women, on the court at all times.

**Target Population:** Fairview Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Fairview Parks and Recreation

(814) 474-5077

**Link to program:** <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

## FAIRVIEW DEEP FLOW YOGA

Fairview Township Parks and Recreation  
7471 McCray Road  
Fairview Township, PA 16415

**Description:** Introduction to gentle movement and yoga practices that improve the health of the body and mind. Please bring a yoga mat and water. Classes are held in the summer at Avonia Beach Park. **A minimum of four students are needed to hold the class.**

**Target Population:** Fairview Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Fairview Parks and Recreation

(814) 474-5942

**Link to program:** <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

## FAIRVIEW MEN'S OPEN BASKETBALL

Fairview Township Parks and Recreation  
7471 McCray Road  
Fairview Township, PA 16415

**Description:** Play pick-up games and get some exercise with competitive fun. Signed waivers are a must. Walk-ins encouraged. You must pre-register with the FPRA Office at least one day in advance but may pay when you attend. Unregistered walk-ins are not permitted. If you have already registered this school year you do not need to re-register. Even though you will be pre-registered you must still sign in nightly.

**Target Population:** Fairview Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Fairview Parks and Recreation

(814) 474-5077

**Link to program:** <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

## FAIRVIEW YOGA AT THE BEACH

Fairview Township Parks and Recreation  
7471 McCray Road  
Fairview Township, PA 16415

**Description:** Yoga practice to help you slow down and connect with nature, release stress and tension & create space in your body with gentle yoga poses, meditation & simple breathing. This class is designed for those of any level of fitness. Dress comfortably and bring a yoga mat and water. A minimum of 4 students needed to hold the class. Classes are held in the summer at Avonia Beach Park.

**Target Population:** Fairview Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Fairview Parks and Recreation

(814) 474-5942

**Link to program:** <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

## FAIRVIEW YOUTH AND ADULT SOCCER

Fairview Township Parks and Recreation  
7471 McCray Road  
Fairview Township, PA 16415

**Description:** Play pick-up games and get some exercise with competitive fun. You must pre-register with the FPRA Office at least one day in advance but may pay when you attend. Unregistered walk-ins are not permitted. If you have already registered this school year you do not need to re-register. Even though you will be pre-registered you must still sign in & pay nightly.

**Target Population:** Fairview Township residents

**Participant Limit:** 14 & over with parent participation and/or supervision

**Cost:** Yes

**Contact:** Fairview Parks and Recreation

(814) 474-5077

**Link to program:** <http://www.fairviewtownship.com/programs/pages/activities-for-children-and-adults>

## FAIRVIEW ZUMBA

Fairview Township Parks and Recreation  
7471 McCray Road  
Fairview Township, PA 16415

**Description:** Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba is designed for all fitness levels and ages-male and female. All participants are encouraged to wear comfortable workout shoes and clothing. Bring a small towel and water. Recommended for ages 13 and above. Program varies by year (check website for confirmation of availability).

**Target Population:** Fairview Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Fairview Parks and Recreation

(814) 474-5942

**Link to program:** <http://www.fairviewtownship.com/programs/pages/activities-for-adults>



## FAIRVIEW 5K FUN TRAIL RUN

Fairview Township Parks and Recreation  
7471 McCray Road  
Fairview Township, PA 16415

**Description:** On Saturday September 2, 2017 at 5:30PM, the Fairview Parks & Recreation Authority is hosting a 5K run, welcoming children, pets on a leash and walkers, which is held on a candle lit course. A pig roast and social gathering will take place following the race, and participants are asked to bring a dish to share for after. Registration can be completed at the following website. <http://www.bigwhitetrailer.com/>

**Target Population:** Fairview Township residents

**Participant Limit:** N/A

**Cost:** Yes

**Contact:** Fairview Parks and Recreation

(814) 474-5942

[parks-rec@fairviewtownship.com](mailto:parks-rec@fairviewtownship.com)

**Link to program:** <http://www.fairviewtownship.com/programs/pages/fairview-5k-fun-trail-run>

## GANNON UNIVERSITY COMMUNITY PHYSICAL REHABILITATION CLINIC

Gannon Recreation and Wellness Center  
130 West 4<sup>th</sup> Street  
Erie, PA 16541

**Description:** The Gannon Community Rehabilitation Clinic was developed to provide physical therapy services for the uninsured and underinsured individuals in Erie County. Students of physical therapy work with the faculty of Gannon University's DTP program to provide services as well as gain clinical experience. A wellness program that focuses on general health, nutrition, and proper exercise technique is also available.

**Program offered since:** N/A

**Target Population:** Adults

**Participant Limit:** N/A

**Cost:** (Contact provider for information)

**Contact:** Andrea Kessler

(814) 871-5539

Carolyn Galleher

(814) 871-5653

Courtney Roca

(814) 871-5710

## HEALTH COACHING

UPMC Hamot Center for Healthy Living  
3330 Peach Street, Suite 211  
Erie, PA 16508

**Description:** Would you like to feel better on a daily basis? If you haven't been able to improve your lifestyle and health by yourself, then perhaps it's time to get a health coach. Common reasons for seeking health coaching include menopause management, nutrition guidance and advice on vitamins. This service is not covered by health insurance.

**Program offered since:** 1990

**Target Population:** Adults

**Participant Limit:** N/A

**Cost:** \$30

**Contact:** Debbie DeAngelo

(814) 877-5481

## HEALTHY DIRECTIONS

Erie Insurance  
100 Erie Insurance Place  
Erie, PA 16530

**Description:** Healthy Directions is a wellness program to enhance employees and their families with initiatives to become and remain healthy.

**Program offered since:** 1980

**Target Population:** Worksite employees and their dependents, \*\*Not Available to Public\*\*

**Participant Limit:** Depends on the program offered

**Cost:** None

**Contact:** MaryAnn Marchant

[maryann.marchant@erieinsurance.com](mailto:maryann.marchant@erieinsurance.com)

(814) 870-2624

## KIDS IN THE KITCHEN COOKING CLASSES

Super Suppers  
5042 Peach Street  
Erie, PA 16509

**Description:** Cooking classes designed for children to learn everything from kitchen safety to how to make Thai Chicken with Peanut Sauce from scratch. Students enjoy taste testing and always have extra to share with their family. Classes are held monthly and schedules change each year, so it is best to check online for current schedule. Registration is required and can be completed online at their website below or by phone.

**Program offered since:** N/A

**Target Population:** Youth, ages 6 and up unless accompanied by an adult

**Participant Limit:** Yes

**Cost:** \$30 per class

**Contact:** Super Suppers

(814) 864-8601

**Link to Program:** <http://www.supersupperserie.com/events.html>

## LET'S MOVE OUTSIDE

Erie Yesterday  
356 West Sixth Street  
Erie, PA 16507

Erie County Department of Health  
606 West 2<sup>nd</sup> Street  
Erie, PA 16507

Visit Erie  
208 East Bayfront Parkway, Suite 103  
Erie, PA 16507

**Description:** Recreation trail program that explores the art, history, and nature of Erie County.

**Program offered since:** 2012

**Target Population:** General Population

**Participant Limit:** None

**Cost:** None

**Contact:** Melinda Meyer

ErieYesterday@gmail.com

(814) 403-1772

**Link to program:** [www.letsmoveoutside.org](http://www.letsmoveoutside.org)

## LIFEWORKS ERIE LIFELONG LEARNING SERIES

LifeWorks Erie  
406 Peach Street  
Erie, PA 16507

**Description:** LifeWorks Erie offers several different categories in their Lifelong Learning Series such as “Ask an Expert,” “Creativity Matters,” “Staying Active: Fitness Classes,” “Vibrant Life Series,” and many others. LifeWorks Erie offers annual memberships for individuals as well as couples. However, many programs are offered to both members and the general public.

**Program offered since:** N/A

**Target Population:** General Public

**Participant Limit:** Yes

**Cost:** Please refer to website for details

**Contact:** LifeWorks Erie  
(814) 453-5072

**Link to program:** <http://www.lifeworkserie.org/learn-explore/life-long-courses/>

## LUNCH & LEARN

American Heart Association  
Online  
4682 Douglas Circle NW  
Canton, OH 44718

**Description:** Healthy lunch program aimed at education and prevention in our community.

**Program offered since:** 2005

**Target Population:** General Public

**Participant Limit:** None

**Cost:** None

**Contact:** Gina R. Klofft

[g.r.klofft@heart.org](mailto:g.r.klofft@heart.org)

(814) 572-1391

**Link to program:** [www.heart.org](http://www.heart.org)



## MAKING STRIDES AGAINST BREAST CANCER

American Cancer Society  
2115 West 38th St  
Erie, PA 16508

**Description:** Help us finish the fight against breast cancer! Form or join a Making Strides Against Breast Cancer team, or volunteer for an event in your community. Sign up now to help raise awareness and funds to end breast cancer. 5K Team Walk Event.

**Program offered since:** N/A

**Target Population:** General Population

**Participant Limit:** Team event; No limit on number of teams

**Cost:** There is technically no cost for our Strides or Relay events for participants. However, these are fundraising events for the American Cancer Society. The hope is that participants will raise money and/or make a personal donation to the American Cancer Society.

**Contact:** Tina Caldwell

[Tina.caldwell@cancer.org](mailto:Tina.caldwell@cancer.org)

(814) 866-5273

**Link to program:** [www.makingstrideswalk.org/erie](http://www.makingstrideswalk.org/erie)

## MEDICAL NUTRITION THERAPY

UPMC Hamot Center for Healthy Living  
3330 Peach Street, Suite 211  
Erie, PA 16508

**Description:** Many people struggle with eating a balanced diet. This service provides children and adults with one-on-one outpatient appointments with a Registered Dietitian. From high cholesterol to digestive disorders to obesity, the goal is to manage a variety of medical conditions through proper nutrition. Medical Nutrition Therapy is reimbursed by health insurance. We will co-ordinate the referral with your doctor's office and verify coverage with your insurance company.

**Program offered since:** 2015

**Target Population:** General public

**Participant Limit:** N/A

**Cost:** Billed through health insurance

**Contact:** Debbie DeAngelo

(814) 877-5481

## MEETING WELL

American Cancer Society  
2115 West 38th St  
Erie, PA 16508

**Description:** Meeting Well is a guidebook that offers companies healthy food ideas and suggestions for physical activity that energize meeting participants and demonstrate how easy it can be to live a healthier lifestyle every day. Employees often eat one or more of their meals in the workplace. The food your employees eat and the amount of physical activity they get on a daily basis directly impacts their health. By eating well and being active, employees will feel better, have the energy they need to get through their busy workdays, and reduce their risk of chronic diseases, such as cancer, diabetes, and heart disease.

**Program offered since:** N/A

**Target Population:** Worksite Employees, \*\*Not Available to Public\*\*

**Participant Limit:** None

**Cost:** None

**Contact** Tina Caldwell

[Tina.caldwell@cancer.org](mailto:Tina.caldwell@cancer.org)

(814) 866-5273

**Link to program:** <http://www.acsworkplacesolutions.com/meetingwell.asp>

## MIDDAY DANCE BREAK

City of Erie Parks and Recreation  
626 State Street  
Erie, PA 16501

**Description:** Crime Victim Center (CVC) is pairing with dancer Jennifer Dennehy to bring an interactive art series called “Mid-Day DANCE Break” to the downtown community this summer! The sessions will feature a variety of dance forms including hoop dance and hip hop. Each will have a theme relating to empowerment, such as Beauty from Within, Finding Strength, and Self-Esteem. Pack a picnic lunch or get take-out from one of the great local-owned restaurants around Perry Square. Bring a chair or a blanket to sit on, but be ready to get up and join in if you like because each session will have an opportunity to interact and learn a bit of the dance as well! Thursdays in the summer from 12PM-1PM, Perry Square.

**Program offered since:** 2014

**Target Population:** General Public

**Participant Limit:** None

**Cost:** None

**Contact:** Amy Blackman

[amyb@cvcerie.org](mailto:amyb@cvcerie.org)

(814) 455-9414

## MILLCREEK TOWNSHIP PARKS AND RECREATION PROGRAMS

Millcreek Township Parks and Recreation  
3608 West 26th Street  
Erie, Pennsylvania 16506

**Description:** Millcreek Township provides programs for its residents. A wide variety of programs are offered including swimming, gymnastics, dance, yoga, arts and crafts, golf, tennis, and physical fitness for adults including tai chi and zumba. Programs may change during the year, so it is best to check the website for any additions or changes. All programs are available for non-Millcreek residents as well for a slightly larger price.

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

## MILLCREEK PARKS AND RECREATION ADULT AEROBICS

Millcreek Township Parks and Recreation  
3608 West 26th Street  
Erie, Pennsylvania 16506

**Description:** The following programs are for persons 18 years or older, or anyone aged 14 - 17 who attends class accompanied by a participating adult. Wear comfortable clothes and sneakers with good support. Bring a mat, towel, or a small blanket for floor work. You may also want to bring a water bottle and light weights. Kettlebell, Pilates mat work, muscle conditioning, circuit step aerobics, and stability ball workout available.

**Program offered since:** N/A

**Target Population:** Millcreek Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Ashley Marsteller  
(814) 835-4122

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

## MILLCREEK PARKS AND RECREATION ADULT DANCE

Millcreek Township Parks and Recreation  
3608 West 26th Street  
Erie, Pennsylvania 16506

**Description:** Adult basic jazz and tap twice a week for 8 weeks. Adult Hip-hop is also available.

**Program offered since:** N/A

**Target Population:** Millcreek Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Ashley Marsteller  
(814) 835-4122

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

## MILLCREEK PARKS AND RECREATION ASBURY DAY CAMP

Asbury Barn  
4106 Asbury Road  
Erie, PA 16506

**Description:** Day camp is located at the Asbury Barn and available for Millcreek and non-Millcreek residents. Activities include games, arts and crafts, talent shows, festivals, outdoor sports and field trips. You may register any time prior to the week of the camp your child will attend and for any amount of weeks throughout the summer.

**Program offered since:** N/A

**Target Population:** Millcreek Township youth (5-8 years of age)

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Ashley Marsteller  
(814) 835-4122

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>



## MILLCREEK PARKS AND RECREATION CHEERNASTICS

Millcreek Township Parks and Recreation  
3608 West 26th Street  
Erie, Pennsylvania 16506

**Description:** A combination of cheerleading and gymnastics is available twice a week at Westlake Middle School Gym. Cheernastics consists of tumbling, motions, jumps, and stunting techniques.

**Program offered since:** N/A

**Target Population:** Millcreek Township youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Ashley Marsteller  
(814) 835-4122

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

## MILLCREEK PARKS AND RECREATION GYMNASTICS/TUMBLING

Millcreek Township Parks and Recreation  
3608 West 26th Street  
Erie, Pennsylvania 16506

**Description:** Classes meet twice a week and include Mommy and Me Tumbling (a toddler (2-3 years) program for mother and child), and gymnastics instruction for children and teens ages 4-17. Classes are divided into age and skill groups The summer gymnastics program ends with all students participating in an evening show.

**Program offered since:** N/A

**Target Population:** Millcreek Township youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Ashley Marsteller  
(814) 835-4122

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

## MILLCREEK PARKS AND RECREATION INTRO TO QI GONG

Millcreek Township Parks and Recreation  
3608 West 26th Street  
Erie, Pennsylvania 16506

**Description:** Qi Gong (chee-kung) is an ancient healing art from China. The art consists of very slow and gentle movements. It will restore and increase your energy, reduce anxiety, improve balance, and help you maintain a healthy active lifestyle.

**Program offered since:** N/A

**Target Population:** Millcreek Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Ashley Marsteller  
(814) 835-4122

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

## MILLCREEK PARKS AND RECREATION INTRO TO TAI CHI

Millcreek Township Parks and Recreation  
3608 West 26th Street  
Erie, Pennsylvania 16506

**Description:** Tai Chi is an ancient Chinese martial art. Today it is practiced as an exercise that promotes the flow of “Chi” or energy in the body, leading to good health, good balance, and a positive mental outlook. Advanced class is for students who have learned the 111 postures of the Yang style form.

**Program offered since:** N/A

**Target Population:** Millcreek Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Ashley Marsteller  
(814) 835-4122

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

## MILLCREEK PARKS AND RECREATION KICKBOXING

Millcreek Township Parks and Recreation  
3608 West 26th Street  
Erie, Pennsylvania 16506

**Description:** Kickboxing, which combines elements of boxing, martial arts, and aerobics. Provides overall physical conditioning. Reduce stress, increase strength, and build muscle tone. An exercise mat and light weights are recommended.

**Program offered since:** N/A

**Target Population:** Millcreek Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Ashley Marsteller  
(814) 835-4122

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

## MILLCREEK PARKS AND RECREATION SELF DEFENSE

Millcreek Township Parks and Recreation  
3608 West 26th Street  
Erie, Pennsylvania 16506

**Description:** Self-defense of “Tuite” teaches the student how to use muscle moving techniques to disbalance an attacker and redirect his aggression, a non-forceful method. Ages 14 and up.

**Program offered since:** N/A

**Target Population:** Millcreek Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Ashley Marsteller  
(814) 835-4122

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

## MILLCREEK PARKS AND RECREATION WATER EXERCISE

Millcreek Township Parks and Recreation  
3608 West 26th Street  
Erie, Pennsylvania 16506

**Description:** Adult water exercise in the McDowell Intermediate pool.

**Program offered since:** N/A

**Target Population:** Millcreek Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Ashley Marsteller  
(814) 835-4122

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

## MILLCREEK PARKS AND RECREATION YOGA

Millcreek Township Parks and Recreation  
3608 West 26th Street  
Erie, Pennsylvania 16506

**Description:** A gentle form of yoga for those with limited flexibility using seated and standing poses. Maintain joint mobility and stretch and strengthen the body, using the chair for support. Yoga mat required. A multi-level format for beginners or for experienced students to strengthen their current practice. Posture, breath work, and guided relaxation. Yoga mat/block/strap recommended.

**Program offered since:** N/A

**Target Population:** Millcreek Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Ashley Marsteller  
(814) 835-4122

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>



## MILLCREEK PARKS AND RECREATION YOUTH DANCE

Millcreek Township Parks and Recreation  
3608 West 26th Street  
Erie, Pennsylvania 16506

**Description:** Ballet, jazz, and hip-hop classes are held at McDowell Intermediate dance Studio twice a week for eight weeks. It is located next to gym, West Entrance.

**Program offered since:** N/A

**Target Population:** Millcreek Township youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Ashley Marsteller  
(814) 835-4122

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

## MILLCREEK PARKS AND RECREATION ZUMBA

Millcreek Township Parks and Recreation  
3608 West 26th Street  
Erie, Pennsylvania 16506

**Description:** Combines high energy and motivating Latin music that allows you to dance away your worries, and it's a great sweat! You DO NOT need a partner for Zumba nor do you need dance experience. Look, feel, live better and join the dance party!

**Program offered since:** N/A

**Target Population:** Millcreek Township residents

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Ashley Marsteller  
(814) 835-4122

**Link to program:**

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

## MY HEART. MY LIFE.

American Heart Association

Online

4682 Douglas Circle NW

Canton, OH 44718

**Description:** American Heart Association's awareness, prevention, and education program based on incentives around increasing physical activity.

**Program offered since:** 2012

**Target Population:** General Public

**Participant Limit:** None

**Cost:** None

**Contact:** Gina R. Klofft

[g.r.klofft@heart.org](mailto:g.r.klofft@heart.org)

(814) 572-1391

**Link to program:** [www.heart.org](http://www.heart.org)

## NEXT STEPS

LECOM Medical Fitness & Wellness Center  
5401 Peach Street  
Erie, PA 16509

**Description:** Medically based fitness programs are available at the LECOM Medical Fitness & Wellness Center. These 8 week fitness based programs are designed for individuals transitioning from or managing a medical condition or simply needing additional support. *Next Steps* offers the following programs: Cancer Fitness, Cardiac Fitness, Diabetes Fitness, Functional Fitness, Orthopedic Fitness, Fit for Surgery, Pulmonary Fitness, Transitional Care and Weight Management.

**Program offered since:** 2014

**Target Population:** Adults

**Participant Limit:** None, ongoing

**Cost:** \$99

**Contact:** LECOM Medical Fitness & Wellness Center

[inquiry@lecomwellness.com](mailto:inquiry@lecomwellness.com)

(814) 868-7800

**Link to program:** [www.lecomwellness.com](http://www.lecomwellness.com)

## NUTRITION AND PHYSICAL ACTIVITY POLICY PLANNER

American Cancer Society  
2115 West 38th St  
Erie, PA 16508

**Description:** The Nutrition and Physical Activity Policy Planner is your tool for quickly assessing your company's policies, programs, and benefits, and using what you learn to help your employees eat better and be more physically active. We deliver to you a customized, in-depth report to guide you through creating an improved culture of wellness in your company, based on these elements:

- Nutrition recommendations
- Physical activity recommendations
- Communications strategies
- Meetings and conferences
- Celebrations and fundraisers
- Additional obesity-prevention efforts
- We also provide an extensive resource library so you will have quick access to resources you need to begin improving your workplace environment.

**Program offered since:** N/A

**Target Population:** Worksite Employees, \*\*Not Available to Public\*\*

**Participant Limit:** None

**Cost:** None

**Contact:** Tina Caldwell

[Tina.caldwell@cancer.org](mailto:Tina.caldwell@cancer.org)

(814) 866-5273

**Link to program:**

<http://www.acsworkplacesolutions.com/nuPA-Planner.asp>

## PEER TO PEER PROGRAM

The National Alliance on Mental Illness (NAMI) of Erie County  
1611 Peach Street, Suite 105  
Erie, PA 16501

**Description:** NAMI's Peer-to-Peer program is a free 10-week educational program for individuals facing the challenges of mental illness, including eating disorders. No formal diagnosis or referral is necessary to take the program. This evidence-based program is taught by peer mentors who have been trained and certified by NAMI. The program teaches participants how to become an active participant in their recovery plan, preventing a mental health crisis from occurring, and what to do should a crisis occur. Many program graduates have described the program as "life-changing."

**Program offered since:** 2011

**Target Population:** General Public

**Participant Limit:** 60

**Cost:** None

**Contact:** Denise L. Kolivoski, MBA

[info@namierie.org](mailto:info@namierie.org)

(814) 456-1773

**Link to program:** <http://www.namierie.org/programs/peer-to-peer/>

## QIGONG

Quantum Balance Erie  
Renaissance Center, 1001 State Street, 2nd floor  
Erie, PA 16501

**Description:** Qigong is a simple form of moving meditation. These classes are suitable for both the beginner and the advanced student. Qigong is a practice which develops over time. The beginning student may be working strictly on general gentle movement where an advanced student working on the same posture may be focusing on relaxing a targeted muscle group or moving energy in a very specific way. No prior experience necessary and all levels of fitness are easily accommodated.

**Program offered since:** N/A

**Target Population:** General Public

**Participant Limit:** Yes

**Cost:** Yes; Currently \$5

**Contact:** Lois Thompson

(814) 431-3367

**Link to program:** [www.quantumbalanceerie.com](http://www.quantumbalanceerie.com)

## R.E.A.L. WELLNESS

The WAY to Healthy Living  
11229 East Law Road  
North East, PA 16428

The Empowerment Resource Center  
and 4508 Zuck Road  
Erie, PA 16506

**Description:** Co-Collaborators Wellness Coach Selina Uglow, LPN, CPT and Chef Billy Kuntz of ShopChopCook have created a program to make healthy habits easy by combining the basics of coaching and cooking into a fun and inviting program experience. Participants can learn to manage their health and weight loss efforts by participating in a dynamic 6 week program or simply by attending the R.E.A.L. Mini Program sessions offered throughout the year. The program itself addresses the "why" behind our choices in life and teaches individuals who to be efficient and creative in their kitchen.

Attending a R.E.A.L. Wellness Program offers the ongoing resources individuals need to succeed.

**Program offered since:** 2014

**Target Population:** General Population

**Participant Limit:** 12

**Cost:** Yes

**Contact:** Selina Uglow

[thewaytohealthyliving@gmail.com](mailto:thewaytohealthyliving@gmail.com)

(814) 450-6841

**Link to program:** <http://thewaytohealthyliving.net/r-e-a-l-wellness-program/>



## RELAY FOR LIFE

American Cancer Society  
2115 West 38th St  
Erie, PA 16508

**Description:** Each year, more than 4 million people in over 20 countries raise much-needed funds and awareness to save lives from cancer through the Relay for Life movement. It is a Team Walk Event.

**Program offered since:** N/A

**Target Population:** General Population

**Participant Limit:** Team event; No limit on number of teams

**Cost:** Yes

**Contact:** Tina Caldwell

[Tina.caldwell@cancer.org](mailto:Tina.caldwell@cancer.org)

(814) 866-5273

**Link to program:**

[http://relay.acsevents.org/site/PageServer?pagename=relay&gclid=CL -  
hqDnm8UCFVc2aQod4iIAEA](http://relay.acsevents.org/site/PageServer?pagename=relay&gclid=CL-hqDnm8UCFVc2aQod4iIAEA)

## RUNNING 101

Highmark  
717 State Street  
Erie, PA 16501

**Description:** Running 101 is a free, 10-week physical activity program that provides the tools and support to help beginner runners train and complete their first 5K race. The progressive training approach provides weekly emails and step-by step training to guide participants in building confidence and physical endurance. The program can be completed online. Registration is available at <http://bit.ly/HighmarkRunning101>.

**Program offered since:** N/A

**Target Population:** General Population

**Participant Limit:** None

**Cost:** No

**Contact:** [running101@highmark.com](mailto:running101@highmark.com)

## SMOKE FREE MULTI-UNIT HOUSING

Erie County Department of Health  
606 W. 2<sup>nd</sup> Street  
Erie, PA 16507

**Description:** In this program, we hope to create 100% Smoke Free Tobacco Policies for Multi-Unit Housing. We aid and assist the building owners and/or managers in this process and we hold meetings with building tenants regarding the dangers of secondhand smoke.

**Program offered since:** 2013

**Target Population:** General Public

**Participant Limit:** Varies depending on the units that agree to participate.

**Cost:** None

**Contact:** Joe DiSanto

[jdisanto@eriecountypa.gov](mailto:jdisanto@eriecountypa.gov)

(814) 451-7871



## SPOON'S SUMMER BASKETBALL LEAGUE

Spoon's Summer Basketball League

Online

Erie, PA

**Description:** Spoon's League has provided summer basketball activities for youth residing in the City and County of Erie, PA. The league not only provides basketball activity, it also provides educational programs through workshops for both male and female participants from the age of 10 – 16 for boys and for girls, grades 7 & 8th; 9 -12th.

**Program offered since:** 1990

**Target Population:** Youth

**Participant Limit:** 80 players per age group, per gender.

**Cost:** None

**Contact:** Melvin Witherspoon

(814) 455-5217

**Link to program:** [www.spoonsleague.org](http://www.spoonsleague.org)

## ST. VINCENT BARIATRIC SURGERY

Saint Vincent Hospital Bariatric and Metabolic Institute  
145 West 23<sup>rd</sup> Street, Suite 303  
Erie, PA 16502

**Description:** Surgical weight loss center providing a comprehensive approach to surgical weight loss with access to a team of skilled providers including a clinical dietitian, a psychologist and a bariatric coordinator. From nutrition and emotional counseling to 24/7 post-surgical support and ongoing education, our dedicated team will help you achieve your individual health and weight loss goals.

**Program offered since:** N/A

**Target Population:** General Population

**Participant Limit:** N/A

**Cost:** Information seminars are free; medical are billed through health insurance

**Contact:** Kathy Scutella

[kscutella@svhs.org](mailto:kscutella@svhs.org)

(814) 452-7800

## ST. VINCENT BARIATRIC WEIGHT MANAGEMENT & SUPPORT GROUP

Saint Vincent Center for Nutrition and Diabetes  
145 West 23<sup>rd</sup> Street, Suite 302  
Erie, PA 16502

**Description:** Our dietitians work as part of the Saint Vincent Bariatric and Metabolic Institute team, providing both pre and post bariatric surgical support as well as ongoing education to help you achieve your individual health and weight loss goals. A monthly support group is also offered for patients who have had bariatric surgery.

**Program offered since:** 2014

**Target Population:** General Population

**Participant Limit:** N/A

**Cost:** Support group is free

**Contact:** Jamie Moraski

[jmoraski@svhs.org](mailto:jmoraski@svhs.org)

(814) 452-7354

## ST. VINCENT CORPORATE WELLNESS

Saint Vincent Corporate Medicine  
1910 Sassafras Street, Suite 110  
Erie, PA 16502

**Description:** Saint Vincent Corporate Medicine offers mobile services to local and regional employers to help manage the health and wellness of employee populations. Services range from biometric screenings, lunch and learn programming, cancer screenings, immunizations and dietician services.

**Program offered since:** N/A

**Target Population:** Worksite employees \*\*Not Available to Public\*\*

**Participant Limit:** N/A

**Cost:** Yes

**Contact:** Sueann Wiest

(814) 452-5264

## ST. VINCENT DIABETES PREVENTION PROGRAM

Saint Vincent Center for Nutrition and Diabetes  
145 West 23<sup>rd</sup> Street, Suite 302  
Erie, PA 16502

**Description:** Registered dietitians and certified lifestyle coaches help individuals adopt healthy eating and exercise habits in an effort to lose weight and prevent diabetes.

**Program offered since:** 2017

**Target Population:** General Population

**Participant Limit:** N/A

**Cost:** Yes

**Contact:** Kristin Leone

[kleone@svhs.org](mailto:kleone@svhs.org)

(814) 452-7354



## ST. VINCENT DIABETES SELF-MANAGEMENT TRAINING AND EDUCATION

Saint Vincent Center for Nutrition and Diabetes  
145 W 23<sup>rd</sup> Street, Suite 302  
Erie, PA 16502

**Description:** Physician ordered education and training services for individuals with diabetes. Topics covered include the disease and treatment process, incorporating nutrition management and physical activity into lifestyle, using medications safely, monitoring blood glucose and interpreting results, recognizing and managing acute and long-term complications of the disease, developing ways to cope with diabetes and stress management.

**Program offered since:** 2002

**Target Population:** Individuals with Diabetes

**Participant Limit:** N/A

**Cost:** Billed through health insurance

**Contact:** Kristin Leone

[kleone@svhs.org](mailto:kleone@svhs.org)

(814) 452-7354

## ST. VINCENT MEDICAL NUTRITION THERAPY

Saint Vincent Center for Nutrition and Diabetes  
145 West 23<sup>rd</sup> Street, Suite 302  
Erie, PA 16502

**Description:** Therapy and counseling services for the purpose of managing medical conditions through proper nutrition. Medical conditions most commonly benefitting from medical nutrition therapy include: High blood cholesterol and heart disease, diabetes, high blood pressure, kidney disease, inflammatory bowel disease and other gastrointestinal disorders, cancer, and obesity.

**Program offered since:** 1994

**Target Population:** General Population, both pediatric and adult

**Participant Limit:** N/A

**Cost:** Billed through health insurance

**Contact:** Kristin Leone

[kleone@svhs.org](mailto:kleone@svhs.org)

(814) 452-7354

## ST. VINCENT WEIGHT LOSS & WELLNESS COACHING

Saint Vincent Center for Nutrition and Diabetes  
145 West 23<sup>rd</sup> Street, Suite 302  
Erie, PA 16502

**Description:** Have you struggled with losing weight and keeping it off? Are you concerned with wellness, disease prevention or better ways to eat to fight the aging process? Are you interested in maximizing sport performance through nutrition? Do you have specific questions about how best to feed your infant, toddler or child? Nutrition coaching may be the answer for you.

**Program offered since:** 2002

**Target Population:** General Population

**Participant Limit:** N/A

**Cost:** Yes

**Contact:** Kristin Leone

[kleone@svhs.org](mailto:kleone@svhs.org)

(814) 452-7354

## TOTAL BODY FITNESS FOR EVERYONE

The WAY to Healthy Living

11229 East Law Road

North East, PA 16428

and

The Empowerment Resource Center

4508 Zuck Road

Erie, PA 16506

**Description:** Individualized exercise program instructed by Selina Uglow, LPN, CPT within a group setting that allows the opportunity for anyone interested in becoming more active to do it while reducing risk and enjoying themselves. Classes are offered in two locations for convenience.

Without using a lot of additional equipment, the base building exercises can be incorporated into day to day living for maximum benefits. Individuals who have a history of injury or pain receive particular attention from a neuromuscular nurse including modifications to reduce the risk of re-injury or exacerbation. Results can be seen in as little as four classes.

A schedule can be found at <http://thewaytohealthyliving.net/total-body-fitness-for-everyone/>

**Program offered since:** 2013

**Target Population:** General Population

**Participant Limit:** 8-15 per class

**Cost:** Yes

**Contact:** Selina Uglow

[thewaytohealthyliving@gmail.com](mailto:thewaytohealthyliving@gmail.com)

(814) 450-6841

**Link to program:** <http://thewaytohealthyliving.net/total-body-fitness-for-everyone/>

## UPMC HAMOT BARIATRIC SURGERY AND WEIGHT MANAGEMENT

UPMC Hamot Bariatric Surgery and Weight Management Center  
300 State Street, 400A  
Erie, PA 16507

**Description:** Weight loss surgery and medical weight loss office.

**Program offered since:** 2003

**Target Population:** General Population

**Participant Limit:** N/A

**Cost:** Informational sessions and support groups are free

**Contact:** UPMC Hamot

(814) 877-6997

## WALKING THROUGH WINTER

Glenwood United Methodist Church  
2931 Myrtle Street  
Erie, PA 16508

**Description:** It runs from the beginning of January to the end of March on Tuesday and Thursday from 9:30 am to 11:00 am (time subject to change).

People walk at their own pace. We have music, refreshments, and snacks. Nice clean place to exercise and to socialize as wanted when Mother Nature is pounding at the door. No commitment is required. An average of 16 usually participate, but as many as 25 have walked.

**Program offered since:** 2009

**Target Population:** General Population

**Participant Limit:** None

**Cost:** None

**Contact:** Fran Donatelli-Sprake

(814) 459-8163

Glenwood United Methodist Church

(814) 456-6268

## WELLNESS COACHING SERVICE

The WAY to Healthy Living  
11229 East Law Road  
North East, PA 16428

**Description:** Adopting a healthier lifestyle, weeding through all of the information that is available, figuring out how it fits into your lifestyle, and seeing it through is often extremely difficult for individuals to manage. Selina Uglow, LPN, CPT has come from 248 pounds to successfully maintaining a healthier lifestyle without drastic changes, sacrificing, and crazy exercises. Through her coaching services, she not only shows people how to do the same, she becomes their biggest cheerleader with daily support, weekly exercise, and sharing of various resources in nutrition, cooking, finance, attitude & positive perception, social services, etc so that individuals can succeed in moving towards optimal wellness.

Individuals who are seeking change don't often follow through because of the various factors that come into play including family, expectations, support, etc. Working with a wellness coach helps adjust attitudes, change commitments and keep people motivated to adopt healthier habits in their real life situation. Coaching Services are based upon the Bread N' Butter of Wellness; Balance, Rest, Exercise, Attitude & Diet.

**Program offered since:** 2012

**Target Population:** General Population

**Participant Limit:** 1 for individual coaching, 6 for group coaching

**Cost:** Yes

**Contact:** Selina Uglow

[thewaytohealthyliving@gmail.com](mailto:thewaytohealthyliving@gmail.com)

(814) 450-6841

**Link to program:** <http://thewaytohealthyliving.net/wellness-coach/>

## WELLSVILLE WEEKLY TV SHOW

WellFit Incorporated

P.O. Box 1358

Erie, PA 16512

**Description:** The weekly award winning TV show, Wellsville, is the first-of-its-kind combining education and entertainment (“edu-tainment”) to inspire and empower kids and families to L.E.A.P. – learn, embrace and actively practice healthy living. Segments feature get-off-your seat activities, healthy eating and recipes, zoo visits, healthy heroes, and fun interviews with physicians and a variety of experts in a various fields. Wellsville features Wellsville kids and parents who represent people of all shapes, sizes, ages, colors and abilities. The fun activities and empowering messages of Wellsville make for can’t-miss Saturday morning TV on FOX 66 at 8 a.m.

**Program offered since:** 2008

**Target Population:** Kids and their families

**Participant Limit:** TV viewing audience

**Cost:** None

**Contact:** Kathy Iorio

(814) 459-1849

**Link to program:** <http://www.wellsville.tv/>



## WELLSVILLE COMMUNITY EVENTS

WellFit Incorporated

P.O. Box 1358

Erie, PA 16512

**Description:** Community events. We pack up our wares and travel all over our community, at business fares, summer celebrations, service organization meetings, schools...you name it, we go there to put on energizing, entertaining shows, workshops and presentations to help educate and empower others to eat better, move more and feel good. Wellsville utilizes radio and TV spots to educate and motivate folks to obtain optimal health. You can watch and listen to these spots on the Wellsville website. We take a “better together” approach to all that we do with a goal of reaching one family, one child at a time.

**Program offered since:** 2008

**Target Population:** Kids and their families

**Participant Limit:** None

**Cost:** None

**Contact:** Kathy Iorio

(814) 459-1849

**Link to program:** <http://www.wellsville.tv/>

## WELLSVILLE DVD SERIES

WellFit Incorporated

P.O. Box 1358

Erie, PA 16512

**Description:** These DVDs for home and school viewing and participation take elements of our school program and TV show and put them together for the keeping. Movement, recipes, motivation, music and energy mark the segments that teach kids to feel good about themselves and others and as a result take care of their bodies well so their bodies take care of them in the future. These DVDs are available on the website listed below.

**Program offered since:** 2008

**Target Population:** Kids and their families

**Participation:** Thousands of area families are reached by the Wellsville DVDs

**Cost:** None

**Contact:** Kathy Iorio

(814) 459-1849

**Link to program:** <http://www.wellsville.tv/>

## WELLSVILLE GOES TO SCHOOL

WellFit Incorporated

P.O. Box 1358

Erie, PA 16512

**Description:** This is a high-energy school assembly and classroom program that educates and motivates kids in kindergarten through third grade to eat well, move more, and feel good. Having reached thousands of kids over many years, it also has trained student leaders of middle and high school age to present the WGTS program in a classroom setting. On average, 2,500 to 3,000 students participate in this program annually.

**Program offered since:** 2002

**Target Population:** School age children

**Participant Limit:** None

**Cost:** None

**Contact:** Kathy Iorio

(814) 459-1849

**Link to program:** <http://www.wellsville.tv/>

## WHOLE FOODS COOPERATIVE

Whole Foods Cooperative  
1341 West 26<sup>th</sup> Street  
Erie, PA 16502

**Description:** Whole Foods Co-op is a natural foods grocery and wellness store with the addition and benefit of having a wonderful Cafe and Bakery. We pride in our ability to provide stellar customer service and our commitment to the local economy. Currently, there are 6,500 member owners and thousands of customers from the general public.

**Program offered since:** 1978

**Target Population:** General Public

**Participant Limit:** None

**Cost:** None to shop; Member owners receive patronage benefits

**Contact:** Ryan Reed-Campbell

(814) 456-0282 ext. 111

**Link to program:** [www.wfcerie.coop](http://www.wfcerie.coop)

## WORKSITE WELLNESS AND EXECUTIVE PHYSICALS

UPMC Hamot Center for Healthy Living  
3330 Peach Street, Suite 211  
Erie, PA 16508

**Description:** The goal of this service is to improve the health profile of area businesses. This is achieved by on-site health screenings, wellness programs, health coaching and executive physicals.

**Program offered since:** N/A

**Target Population:** Regional employers

**Participant Limit:** N/A

**Cost:** Varies with the program or screening

**Contact:** Debbie DeAngelo

(814) 877-5481

## YMCA DANCE AND CHEER CAMP

Glenwood YMCA  
3727 Cherry Street  
Erie, PA 16508

**Description:** Y Dance and Cheer Camp explores the various types of dance as well as basics of cheerleading and is available to kids ages 5 and older.

**Program offered since:** N/A

**Target Population:** Youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Glenwood YMCA

(814) 868-0867

**Link to program:** <http://www.ymcaerie.org/programs/>

## YMCA DAY CAMP

Downtown YMCA  
31 West 10<sup>th</sup> Street  
Erie, PA 16501

**Description:** Y Day Camp is available to kids in first through sixth grade. It offers indoor and outdoor experiences in a wide variety of topics and activities that incorporate healthy living.

**Program offered since:** N/A

**Target Population:** Youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Downtown YMCA

(814) 452-3261

**Link to program:** <http://www.ymcaerie.org/programs/>

## YMCA KIDS' CLUB

Downtown YMCA  
31 West 10<sup>th</sup> Street  
Erie, PA 16501

**Description:** At the YMCA Kids Club Summer Parks & Recreation Program, kids spend their days taking part in a wide variety of summer play and learning activities while building a healthy spirit, mind and body. Each day, Y staff leads hands-on-activities such as group games, board games, group sports, group fitness and art and music. This year a hula hoop instructor will be visiting each park once a week to teach a “hoop” class. Before they know it, the day is done and they’ve made a new friend. Free summer lunch is served daily. Ages 6-18.

**Program offered since:** N/A

**Target Population:** Youth, ages 6-18

**Participant Limit:** Yes

**Cost:** None

**Contact:** Jen Sikora

(814) 240-9928

**Link to program:** <http://www.ymcaerie.org/?s=summer+parks+and+rec>



## YMCA LES MILLS PROGRAM

Downtown YMCA  
31 West 10<sup>th</sup> Street  
Erie, PA 16501

**Description:** Group exercise classes.

**Program offered since:** N/A

**Target Population:** General Population

**Participant Limit:** 8

**Cost:** Yes

**Contact:** Monica Olesnanik

[molesnanik@ymcaerie.org](mailto:molesnanik@ymcaerie.org)

(814) 877-7030

**Link to program:** <http://www.ymcaerie.org/downtown/lesmills>

## YMCA PLAY BASKETBALL LEAGUE

Downtown YMCA  
31 West 10<sup>th</sup> Street  
Erie, PA 16501

**Description:** P.L.A.Y. (Participate & Learn at the YMCA) basketball league is an eight week basketball league for grades 1<sup>st</sup>-6<sup>th</sup> where the playoffs are played at Erie Insurance Ice arena. Next League to begin Jan 2018 – Please remember this is a TEAM REGISTRATION; players submit your individual registrations to your coach – coaches please submit the team roster along with the individual player registrations, concussion releases and fees to the Downtown Y.

**Program offered since:** N/A

**Target Population:** Youth

**Participant Limit:** 300

**Cost:** Yes

**Contact:** Monica Olesnanik

[molesnanik@ymcaerie.org](mailto:molesnanik@ymcaerie.org)

(814) 877-7030

**Link to program:** <http://www.ymcaerie.org/programs/>

## YMCA PORT-A-POOL PROGRAM

Downtown YMCA  
31 West 10<sup>th</sup> Street  
Erie, PA 16501

**Description:** Youth 6-18 years old splash away the summer days at these neighborhood recreational swimming locations. Bathing suits required; no cut-offs. A certified lifeguard is on duty. Program runs July 5<sup>th</sup>-Aug 11<sup>th</sup> at the Bayview and Columbus Parks.

**Program offered since:** N/A

**Target Population:** Youth

**Participant Limit:** None

**Cost:** None

**Contact:** Jeanne Moss

(814) 452-3261 ext. 274

**Link to program:** <http://www.ymcaerie.org/?s=summer+parks+and+rec>

## YMCA RODGER YOUNG OPEN SWIM AND REC PROGRAM

Downtown YMCA  
31 West 10<sup>th</sup> Street  
Erie, PA 16501

**Description:** A summer of fun is in store for youth at the YMCA's Rodger Young Pool Open Swim & Recreation Program. Kids 6-18 enjoy bouncing from recreational swimming to lawn games, board games, and group sports and then back to the pool to cool off! Youth must be registered by a parent or legal guardian before participating in activities. Proof of age is required for 6 year olds and may be requested for others. Bathing suits required. Free summer lunch is served daily for youth through age 18.

**Program offered since:** N/A

**Target Population:** Youth, ages 6-18

**Participant Limit:** Yes

**Cost:** None

**Contact:** Jeanne Moss

(814) 452-3261 ext. 274

**Link to program:** <http://www.ymcaerie.org/?s=summer+parks+and+rec>

## YMCA TEEN CENTER

Downtown YMCA  
31 West 10<sup>th</sup> Street  
Erie, PA 16501

**Description:** YMCA Teen Center is available to teens between the ages of 12 and 18 and offers leadership opportunities, team building activities, and volunteer work.

**Program offered since:** N/A

**Target Population:** Youth

**Participant Limit:** Yes

**Cost:** Yes

**Contact:** Downtown YMCA

(814) 452-3261

**Link to program:** <https://www.ymcaerie.org/downtown/teen-center/>

## YOGA, WELLNESS PROGRAMS, AND HEALTH SCREENINGS

UPMC Hamot Center for Healthy Living  
3330 Peach Street, Suite 211  
Erie, PA 16508

**Description:** From yoga to nutrition classes to health screenings, these programs are designed to help you take better care of yourself and to detect medical issues early.

**Program offered since:** N/A

**Target Population:** Adults

**Participant Limit:** N/A

**Cost:** Varies with the program or screening

**Contact:** Debbie DeAngelo

(814) 877-5481

## YOUNG LUNGS AT PLAY! (YLAP)

Erie County Department of Health  
606 West 2<sup>nd</sup> Street  
Erie, PA 16507

**Description:** In this program, school districts, municipalities, sports organizations and other outdoor play areas will adopt 100% Smoke Free Tobacco Policies for any outdoor playgrounds, ball fields, etc. We aid and assist the park administrators and supervisors in this process and we deliver YLAP signs to each outdoor site at no cost.

**Program offered since:** 2013

**Target Population:** General Public

**Participant Limit:** Only outdoor play areas

**Cost:** None

**Contact:** Joe DiSanto

[jdisanto@eriecountypa.gov](mailto:jdisanto@eriecountypa.gov)

(814) 451-7871



## YOUTH TENNIS PROGRAM

City of Erie Parks and Recreation  
626 State Street  
Erie, PA 16501

**Description:** A 9 week program at Burton and Frontier Parks. The lessons are held Monday, Wednesday, and Friday from June 12<sup>th</sup>-August 11<sup>th</sup>. No registration required

Times:  
10:00am – 11:00am  
Beginners

11:00am – 12:00pm  
Intermediates

12:00pm – 1:00pm  
Advanced

**Program offered since:** N/A

**Target Population:** Youth

**Participant Limit:** Yes

**Contact:** Kelly Maslar, Pennbriar Athletic Club

(814) 825-8111, ext. 16

kervaz@hotmail.com



## GYMS AND FITNESS CENTERS

### **A I Fitness Inc.**

4059 Buffalo Rd, Erie, PA 16510  
(814) 314-8588

### **American Fitness**

1596 W 38th St, Erie, PA 16508  
(814) 866-8818

### **Around the Clock Health & Fitness**

4960 Iroquois Ave, Erie, PA 16511  
(814) 898-2442

### **Asbury Barn/ Millcreek Parks and Recreation**

4106 Asbury Rd, Erie, PA 16506  
(814) 838-4942

### **Athletic Republic**

2220 W 50th St, Erie, PA 16506  
(814) 790-4458

### **Aum Plasha Yoga Studio**

4508 Zuck Rd, Erie, PA 16506  
(814) 864-1114

### **Be At Your Best Fitness**

1144 W 8th St, Erie, PA 16502  
(814) 520-8067

### **Blanks Willie Learning and Fitness Center**

2169 W 12th St, Erie, PA 16505  
(814) 454-0975

### **Body Temple**

77 Main St W, Girard, PA 16417  
(814) 774-0220

### **Build Your Bod**

6335 W Ridge Rd, Erie, PA 16506  
(814) 835-1799

### **Cardiac Fitness**

3330 Peach St Ste. LL1, Erie, PA 16508  
(814) 868-9674

### **Contours Express Fitness**

7289 W Ridge Rd, Fairview, PA 16415  
(814) 474-5000

### **County Y**

12285 YMCA Drive, Edinboro, PA 16412  
(814) 734-5700

### **CrossFit EOS**

2312 W 15th St, Erie, PA 16505  
(814) 459-3033

### **CrossFit FBO**

1311 Chestnut St, Erie, PA 16501  
(814) 823-5170

### **Crow's American Gym**

4122 Main St, Erie, PA 16511  
(814) 899-5058

### **Curves**

1511 W 38th St, Erie, PA 16508  
(814) 866-8668

### **Curves**

141 Randall Ave, Girard, PA 16417 (814) 774-8600

### **Curves**

3330 W 26th St, Erie, PA 16506  
(814) 833-2533

### **Curves**

3545 W 26th St, Erie, PA 16505  
(814) 833-2533

### **Edinboro Karate**

106 Meadville St, Edinboro, PA 16412  
(814) 734-9664

### **Erie Dance Conservatory**

8335 Edinboro Rd, Erie, PA 16509  
(814) 476-7123

### **Erie Fitness Academy**

8348 Edinboro Rd, Erie, PA 16509  
(814) 520-6390

### **Erie Premier Sports**

4504 W Ridge Rd, Erie, PA 16506  
(814) 833-0950

**Executive Personal Fitness**

1416 Liberty St, Erie, PA 16502  
(814) 874-5000

**Express Yourself**

3311 Liberty St, Erie, PA 16508  
(814) 864-8844

**Family First Sports Park**

8155 Oliver Rd, Erie, PA 16509  
(814) 866-5425

**Fitness U**

2312 W 15th St, Erie, PA 16505  
(814) 459-3033

**Flab to Fab**

2421 W 26th St, Erie, PA 16506  
(814) 835-4322

**Flippin' Fitness**

4646 Buffalo Rd, Erie, PA 16510  
(814) 881-6683

**Foundation Martial Arts**

3503 State St, Erie, PA 16508  
(814) 454-5425

**Hamot Wellness Center**

300 State St Ste. 107, Erie, PA 16507  
(814) 8777030

**Inner Balance Pilates**

2503 W 15th St Ste. 5, Erie, PA 16505  
(814) 833-2300

**Iron Oxygen Fitness**

2147 W 12th St, Erie, PA 16505  
(814) 315-2994

**iRock Fitness**

2312 W 15th Street, Erie, PA 16505  
(814) 520-8116

**Irt Inc.**

1416 Liberty St, Erie, PA 16502  
(814) 874-5000

**It Figures East**

2016 Station Rd, Erie, PA 16510  
(814) 899-6333

**Jackson's Fitness Plus**

24870 Highway 8, Union City, PA 16438  
(814) 694-3378

**Jazzercise Fitness Center**

839 W 38<sup>th</sup> St, Erie, PA 16565  
(814) 340-1202

**Joe's Gym**

4319 W Ridge Rd, Erie, PA 16506  
(814) 833-3727

**Kao**

2630 Parade St, Erie, PA 16504  
(814) 459-0512

**LECOM Fitness and Wellness Center**

5401 Peach St, Erie, PA 16509  
(814) 868-7800

**Lewis Fitness and Performance**

2220 W 50th St, Erie, PA 16506  
(814) 440-8108

**Lund Martial Arts Harborcreek Academy**

4602 Buffalo Rd, Erie, PA 16510  
(814) 899-9200

**Lund Martial Arts Millcreek Academy**

4461 W 26th St, Erie, PA 16506  
(814) 833-2800

**Manicino Academy of Martial Arts**

2819 W 26th St, Erie, PA 16506  
(814) 833-5773

**Millcreek Youth Athletic Association**

Erie, PA 16506  
(814) 833-3298

**MS B Fit**

7686 W Ridge Rd, Fairview, PA 16415  
(814) 474-5000

**Nautilus Fitness Club**

8155 Oliver Rd, Erie, PA 16509  
(814) 866-2429

**North East Athletic Club**

86 S Pearl St, North East, PA 16428  
(814) 725-2447

**Olympic Fitness and Tanning**

1206 E 38th St, Erie, PA 16504  
(814) 825-7084

**Parks Tae Kwon Do Martial Arts**

4911 Peach St, Erie, PA 16509  
(814) 864-2899

**Pennbriar Health and Tennis Club**

100 Pennbriar Dr, Erie, PA 16509  
(814) 825-8111

**Personal Results**

524 W 17th St, Erie, PA 16502  
(814) 920-5091

**Planet Fitness**

1950 Rotunda Dr, Erie, PA 16509  
(814) 866-0110

**Real Training and Fitness**

1596 W 38th St, Erie, PA 16508  
(814) 866-8818

**Shape Up Body, Mind, and Spirit**

35990 Lake Rd, Union City, PA 16438  
(814) 694-2582

**Snap Fitness**

20 Sunset Dr, Girard, PA 16417  
(814) 774-0000

**Snap Fitness**

2249 W 38th St, Erie, PA 16506  
(814) 833-7333

**Snap Fitness**

4059 Buffalo Rd, Erie, PA 16501  
(814) 314-8588

**Snap Fitness**

606 Erie St Ste. 2, Edinboro, PA 16412  
(814) 273-1100

**Snap Fitness**

7470 W Ridge Rd, Fairview, PA 16415 (814)  
474-1144

**Snap Fitness**

69 E Main St Ste. 1, North East, PA 16428  
(814) 725-2000

**St. Benedict Community Center**

320 E 10th St, Erie, PA 16503  
(814) 459-2406

**The WAY to Healthy Living**

11229 East Law Road, North East, PA 16428  
(814) 450-6841

**Totally You Fitness Spa**

1812 Peach St, Erie, PA 16501  
(814) 459-5911

**USA Fitness Club**

18 6th Ave, Union City, PA 16438  
(814) 882-7270

**YMCA Corry**

906 N Center St, Corry, PA 16407  
(814) 664-7757

**YMCA Downtown**

31 West 10th Street, Erie, PA 16501  
(814) 452-3261

**YMCA Eastside**

2101 Nagle Rd, Erie, PA 16510  
(814) 899-9622

**YMCA Glenwood**

3727 Cherry St, Erie, PA 16508  
(814) 868-0867

**Yoga Haven**

3822 Conrad Rd, Erie, PA 16510  
(814) 440-9358

**YogaErie**

2560 W 8th St, Erie, PA 16505  
(814) 520-6998

## PARKS

### **Erie Parks - East side**

Burton Park  
Chautauqua Park  
Cranch Park  
Euclid Park  
Franklin Park  
Garden Heights Park  
Hillside & Sunset Park  
Holland Street Playground Park  
Walczak Park  
Kosciuszko Park  
Lake Park  
Land Lighthouse Park  
McCarty Park  
McClelland Park  
McKinley Park  
Nate Levy/ Jaycee Park  
Perry Square East Park  
Pulaski Park  
Roger Young Park  
Roessler Park  
Roma Park  
Wallace Park  
Wayne Park  
19<sup>th</sup> and Wayne Park  
Woodland Park

### **Erie Parks - West side**

Baldwin Park  
Barbara Nitkiewicz Park  
Bayview Park  
Brabender Park  
Columbus Park  
Frontier Park  
Garden Park  
Glenwood Park  
Gridley Griswold Park  
C. Francis Haggerty Park  
Lakeside Park  
Larry Fabrizi Park  
Martin Luther King Jr. Park  
Pebble Lake Park  
Perry Square West Park  
Reservoir Park  
Ruby Schaaf Park  
Victory Park  
Washington Park

### **Millcreek Parks**

Asbury Park  
Belle Valley Park  
Zuck Park  
Chestnut Hill Pool  
Currie Landfill/ MYAA Field Complex  
Belle Valley Pool

Scott Park

Walnut Creek

Veteran's Park

Atlantic Boulevard Park

Boulevard Park

Briar Park

Bridger Park

Edgevale Park

Highland Park

Lakewood Park

Linden Park

Maplewood Park

Montclair Park

Richmond & Gore Park

Sommerheim Park

Venice Park

Westbury Park

Wander Park

Wunch Park

### **Fairview Parks**

Struchen Flats Park

Fairview Central Park

Fairview Flag Park

Buseck Memorial Park

### **Harborcreek Parks**

Whitford Park

Shade's Beach

Community Park

Rolling Ridge

Shorewood Park

Six Mile Creek Park

Slade Road Park

Roadside/ Highmeyer Park

### **North East Parks**

Freeport Beach/Halli Reid Park

Gravel Pit Park

### **Corry Parks**

Mead Park

Corry Downtown City Park

### **McKean Parks**

McKean Community Park

### **Edinboro Parks**

Triangle Park

James Hagerty Park

Chestnut Park

Robert Thompson Park

Pat Crawford Beach

Woods Memorial

Nature's Outlet

Mike Onda Beach

### **Waterford Parks**

George Washington Memorial Park

### **Union City Parks**

Albert L. Caflisch Memorial Park

### **Girard Parks**

Girard Borough Park

Lake Erie Community Park

## POOLS

### Facilities offering adult swimming and/or aquatic exercise classes

#### Barber National Institute Pool

(814) 453-7661

<http://www.barberinstitute.org/about-community-resources-pool>

#### Corry YMCA Pool

(814) 664-7757

[http://www.ymcacorry.org/Programs/Aquatics - Pool Schedule Lessons and Fitness .htm](http://www.ymcacorry.org/Programs/Aquatics-Pool%20Schedule%20Lessons%20and%20Fitness.htm)

#### Edinboro American Legion Pool

(814) 734-3014

<http://www.edinboroamericanlegion.org/pool.html>

#### Edinboro University McComb Fieldhouse Pool

(814) 732-1824

<http://www.edinboro.edu/directory/offices-services/campus-life/recreation/open-pool.html>

#### Fairview Township Parks and Recreation

##### Fairview High School Pool

(814) 474-5077

<http://www.fairviewtownship.com/parks-and-recreation>

#### Fitness U Pool

(814) 459-3033

<http://www.fitnesserie.com/services/aquatics>

#### Gannon University Pool

(814) 871-7164

<http://www.gannon.edu/Student-Life/Recreation-and-Wellness-Center/>

#### Girard Township – Elk Creek Recreation and Leisure Board

##### Girard Borough Pool

##### Girard High School Pool

(814) 774-3519

<http://www.girardtownship.com/>

#### Kahkwa Club Pool

(814) 838-1901

<http://www.kahkwa.com/facilities/swimming/>

#### Lake Shore Country Club Pool

(814) 833-0894

<http://www.lakeshorecountryclub.com/swimming.htm>

#### LECOM Fitness & Medical Center Pools

(814) 868-7800

<http://www.lecomwellness.com/services/aquatic-programs/>

#### Mercyhurst North East Aquatic Center Pool

(814) 725-6275

<http://northeast.mercyhurst.edu/about-mercyhurst-north-east/public>

#### Millcreek Township Recreation Department

##### Belle Valley Pool

##### Chestnut Hill Pool

##### McDowell Intermediate High School Pool

(814) 835-4122

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

#### Pennbriar Athletic Center Pool

(814) 825-8111

<http://www.pennbriar.com/aquatics.html>

#### Penn State Behrend Pool

(814) 898-7147

[http://www.psb lions.com/information/intramurals-facilities/Junker\\_Center](http://www.psb lions.com/information/intramurals-facilities/Junker_Center)

#### Villa Maria Campus Pool

(814) 838-5451, ext. 229

#### YMCA of Greater Erie

##### Downtown YMCA Pool

##### Eastside YMCA Pool & Tri-Community Pool

##### Glenwood YMCA Pool

##### YMCA Camp Sherwin Pool

(814) 452-3261

<http://www.ymcaerie.org/programs/swimming/>